

29th May 2024

Dear Patient,

Re: Measles advice for people receiving immunosuppression for a kidney transplant or autoimmune disease

Measles is a serious illness that is highly infectious. Since October 2023 there has been an increase in measles cases across the UK.

Having an MMR vaccination before your transplant is the safest way to protect you from Measles, Mumps and Rubella infections. Two doses offer most individuals lifelong protection against becoming seriously unwell. If you have had the MMR vaccine at any time before your transplant or starting immunosuppression, or were born before 1970 in the UK, it is likely that you are protected against serious infection.

Vaccination advice

- The MMR is a live vaccine, and if you are receiving immunosuppression medication, you **should not** have the vaccine.
- However, we do recommend that your close family members and household contacts are vaccinated against measles if they are not already. This can be arranged via their GP.

What should you do if you think you may have measles or have been in close contact with someone who has?

Please do not attend your clinic in person, rather please contact your clinical team or alternatively, if outside of working hours, please contact your GP or NHS 111.

Additional measures to help protect you

It is helpful for us to know if you already have protection against measles so we know the best way to treat you if you ever become exposed to measles. We can do this by testing your blood for measles antibodies. We may recommend this if we do not know if you have already had a measles vaccination or because we have not previously tested your blood for antibodies against measles. This test will be done with your usual clinic blood tests, and your results available for you to review. If you have any questions about your results, please ask one of your team.

Members of your clinical team will also be receiving advice about vaccination and offered similar tests, to help protect you and them.

Further information

The advice in this leaflet is based on guidance outlined by the UK Health Security Agency. If you want to find out more, please go to [National measles guidelines - GOV.UK \(www.gov.uk\)](https://www.gov.uk). We will also place some leaflets in the outpatient clinic.

Thank you for your co-operation,
Your Kidney Team